

"SWEEPING ISSUES"

by

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Wellness Project Class 4

NARRATOR:

It is 10:00am. at Pleasant Life ARF. Two staff are working this morning. Around 9:30am. staff 1 asked Kate to sweep the kitchen floor, and she asked Samantha to put away some clothes in her room. At 10:30am. they plan to leave to go to the YMCA. Staff 1 is going back to the kitchen to check on Kate. Staff 2 is working in another room.

KATE

Instructions: Please hold the broom and sweep in very small movements and in just one spot)

The idea we want to convey is that you are right now not available to being interrupted. When staff approaches you, and addresses you, respond by expressing anxiety (you could rapidly blink your eyes, start humming, and begin to repeatedly clasp and unclasp your hands on the broom handle)

If staff moves away from you (gives you space), even if they keep talking, some of your anxiety will be relieved, so you would reduce your symptoms.

If staff tells you that you need to finish or hurry because you have somewhere to go, your anxiety increases. (you could start rocking your weight from foot to foot repeatedly and clenching the broom harder and humming louder.)

If staff gives you some physical space, or removes the demand, or makes an alternate suggestion that will help you make a transition or stop sweeping, back off a little on your anxiety.

If staff comes toward you physically, after you express your anxiety, throw the broom to the floor (make sure there is room for it to fall without hitting anyone, :-) back away, make more noise and throw out your arm as if to hold back their advance.

The idea you want to convey is that you cannot be pushed right now, you are maxed out on sensory input. What will help you is some time and space, and some options for you to refocus your attention and activity.

If/when you feel some relief, stop sweeping, look around and sit down; then you could go look for the staff and approach them.

(for example, if staff set a timer for you to help you stop, or brought something out that you are interested in and set it on the table, or provided you some other timeline to help you, you could stop sweeping and attend to that) OR it may not be effective, and you may need more time than it will take to leave the house at 10:30.

SAMANTHA

Somewhere during the time that Staff 1 is with Kate in the kitchen, you holler from off screen your excitement about going to the Y. (something like, I'm all ready, can't wait to get in that pool, I'll just be sitting here with my gym bag etc....)

If Staff 2 comes to talk to you, you are available and responsive to their input about a possible delay. IF they tell you that you might not be able to go today, your anxiety increases. IF they do not provide a supportive presence (body posture, facial expression, voice tone/volume) your anxiety will increase)

If they problem solve with you and offer an alternative time for the Y swim, and an immediate alternative for you if you cannot go right now, you will be OK with that. OR, if they offer that you can go alone with one of them, you can either accept that or not.

The End